

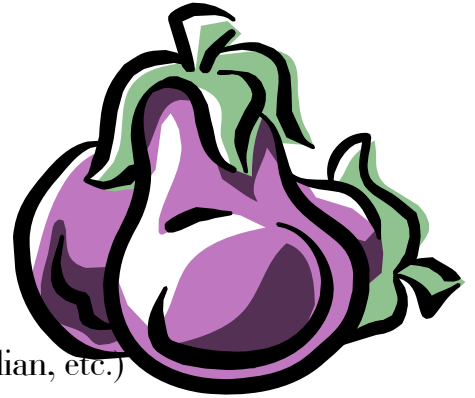
# Purple: Eggplant

Like its purple friends, plums and blackberries, eggplants contain anthocyanins, powerful antioxidants that may help in protecting you against heart disease and stroke. A member of the nightshade family, eggplants can range in length from 2 to 12 inches. After living in France, Thomas Jefferson was the first to introduce eggplant to the United States. Because it contains a toxin that can only be destroyed with heat, eggplant **MUST** be cooked before eating.

## Grilled Eggplant Tomato Sandwich

### Ingredients:

- 1 medium Italian eggplant cut into ½ inch slices
- 1 Tbsp salt
- 1 ½ Tbsp olive oil
- 2 cloves garlic, crushed
- 3 Tbsp finely minced fresh basil
- 8 (½ inch) slices crusty bread (French, Focaccia, Italian, etc.)
- 4 ripe, medium tomatoes
- fresh ground black pepper
- ½ cup crumbled Feta cheese (optional)



1. Do not peel eggplant. Remove end and cut into 1/2 inch slices. Sprinkle both sides with salt and allow to rest for 10 minutes. Thoroughly rinse slices to remove all salt and drain on a paper towel.

2. Combine olive oil, garlic and lightly brush each slice. Grill over MEDIUM HIGH heat on gas grill or broil under broiler. When soft, remove immediately and sprinkle with basil. Meanwhile, slice tomatoes into 1/3 inch thick slices and season with black pepper.

3. Arrange tomatoes and eggplant on 4 slices of bread. Season with pepper and add crumbled Feta cheese, if desired. Top with second slice of bread and serve immediately.

Nutritional information per serving: 260 calories, 8g fat, 1.5g saturated fat, 26% calories from fat, 0mg cholesterol, 41g carbohydrates, 7g protein, 6g dietary fiber, 360mg sodium.

1 sandwich provides 1 serving of vegetables